

# NSW FALL PREVENTION & HEALTHY AGEING NETWORK VIRTUAL FORUM PROGRAM

Friday 30 April 2021

Webinar

Safe Activity for Everybody

PLENARY SESSIONS



## NSW FALL PREVENTION & HEALTHY AGEING NETWORK

The NSW Fall Prevention and Healthy Ageing Network aims to share knowledge, expertise and resources on healthy ageing and fall prevention for older people

### Functions of the Network

- Provide an environment to share research, information and experiences, current & potential initiatives related to healthy ageing and fall prevention.
- Develop and disseminate evidence-based fall prevention balance and strength training initiatives and co-design programs with health professionals, community service providers including primary health, and residential aged care sectors.
- Encourage collaborative research and evaluation projects aimed at healthy ageing and fall prevention.
- Provide advice to influence policy directions and funding priorities in NSW.
- Promote prevention of falls among older people as a key health issue by supporting active and healthy lifestyles.

All sessions will be recorded and posted on our website after the event has concluded

[fallsnetwork.neura.edu.au](https://fallsnetwork.neura.edu.au)

## Exhibitors

**Carers NSW**

**Center for Population Health**

**Clinical Excellence Commission**

**Council of the Ageing NSW**

**Macular Disease Foundation Australia**

**SHARE**

**StepUp for Dementia Research**

*Neuroscience Research Australia is funded by the Clinical Excellence Commission to conduct the activities of the Network. Special acknowledgement to the Falls, Balance and Injury Research Centre for this work.*



# NSW FALL PREVENTION & HEALTHY AGEING NETWORK

## VIRTUAL FORUM PROGRAM

9.30 am	Welcome and Acknowledgement of Country
9.35 am – 11.00 am	<b>Plenary Session 1</b> Chairperson: Ms Lorraine Lovitt, Senior Improvement Lead, Older Person's Patient Safety Program, CEC
9.35 am	<b>Pam Albany Guest Lecture</b> <i>Smartstep - RCT of cognitive-only and cognitive-motor training to prevent falls in older people</i> Doctor Daina Sturnieks, Senior Principal Research Scientist, School of Medical Sciences, UNSW, FBIRC, NeuRA
10.05 am	<i>What characteristics of digital interventions make for effective activity promotion and fall prevention? Lessons for the COVID-19 pandemic.</i> Professor Chris Todd, Director of the NIHR Older People & Frailty Policy Research Unit, Deputy Director Healthy Aging Theme NIHR Applied Research Collaboration Greater Manchester, Professor of Primary Health and Community Health, University of Manchester
10.35 am	<i>Fall Prevention Research Update</i> Scientia Professor Stephen Lord, Senior Principal Research Fellow; Centre Director, Falls Balance and Injury Research Centre, NeuRA
10.50 am – 11.00 am	Question Time
11.00 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.30 am – 12.45 pm	<b>Plenary Session 2</b> Chairperson: Professor Cathie Sherrington, School of Public Health and Institute for Musculoskeletal Health, University of Sydney
11.30 am	<i>RAC funding models</i> Professor Kathy Eagar, Director of Australian Health Services Research Institute, University of Wollongong
11.50 am	<i>Update on fall prevention in hospitals</i> Professor Anne-Marie Hill, Faculty of Health Sciences, Curtin University WA
12.15 pm	<i>Consumer engagement to improve care for older people: successful examples</i> Associate Professor Kate Laver, Occupational Therapist, Research Fellow, Ageing and Dementia research, Flinders University
12.35 pm – 12.45 pm	Question Time
12.45 pm – 1.30 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY

1.30 pm – 2.50 pm	CONCURRENT WORKSHOPS
1.30 pm	<p><b>A. Telehealth – A how to</b>  Facilitators: Professor Kim Delbaere, FBIRC, NeuRA  Lilian Miles, FBIRC, NeuRA  Donna Parkes, Virtual Care Manager, ACI</p> <p>Telehealth is the delivery of healthcare at a distance using information communications technology. This allows for people to seek medical attention and continue Allied Health consultations and exercise programs when face-to-face care has been limited.</p> <p>This workshop on telehealth aims to provide a practical overview of how to set up a telehealth exercise program and will include key information on the benefits, enablers and barriers that telehealth can bring. This will be followed by a demonstration of running an exercise class via telehealth and will provide examples of exercises that can be done, how to manage and check on your clients and ways to progress you exercise programs.</p>
1.30 pm	<p><b>B. The CEC Comprehensive Care Model – Minimising harm</b>  Facilitators: Ms Lorraine Lovitt, Senior Improvement Lead, Older Person’s Patient Safety Program NSW Fall Prevention Program, CEC  Ingrid Hutchinson, Improvement Lead, CEC  Dr Tracy Brown, Staff Specialist Geriatrician, HNE Health</p> <p>The Clinical Excellence Commission’s safety model for Comprehensive Care aims to minimise harm to ensure safe, reliable and high value care for older people. This model builds on the Falls in hospital initiative, with a broader focus on the person and the safety system required to help drive sustained improvement. It aligns with the Australian Commission on Safety Quality Health Care National Standard 5: Comprehensive Care – minimising harm.</p> <p>The Comprehensive Care model ensures patient, family and carer experiences and outcomes are at the centre of our clinical care. There is a focus on quality improvement involving health staff, patients, their families and carers in improvement for older persons’ safety. It incorporates team safety fundamentals including safety huddles and clinical handover, and clinical care actions that address patient fundamental care needs. It is anticipated that through improved focus on minimising harm there will be a reduction in hospital acquired complications such as falls, pressure injury, delirium, malnutrition and infection.</p>

## ACKNOWLEDGEMENTS

---

We would like to thank:

NSW Ministry of Health

NSW Falls Prevention Program, Clinical Excellence Commission

NSW Local Health District Falls Prevention Coordinators

Staff from the Falls, Balance and Injury Research Centre, Neuroscience Research Australia (NeuRA)

---

NSW Falls Prevention Network Advisory Committee 2020/21 membership:

Mr Cameron Hicks, Project Officer, NSW Falls Prevention Network, NeuRA

Ms Lorraine Lovitt (chair), Lead, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Mandy Meehan, Team Leader, Occupational Therapist, SMHSOP, Ryde Community Mental Health, Northern Sydney LHD

Ms Joanne Macmillan, CNC, Aged Care/Dementia (Community), Northern Sydney LHD

Mr Bharat Nepal, Mental Health, Western Sydney LHD

Ms Amy Maitland, Senior Physiotherapist, PACC, Hospital in the Home, Western Sydney LHD

Dr Tai-Tak Wan, Medical Director, Ambulatory Care, Fairfield Hospital, South Western Sydney LHD

Ms Vani David, Wollongong Hospital, Illawarra Shoalhaven LHD

Ms Naomi Case, Stomal Therapist & Wound CNS, Manning Rural Referral Hospital, Hunter New England LHD

Mrs Lucinda McIntosh, Coordinator Falls Strategy, NSW Ambulance

Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Barbara Ward, President, SHARE

Ms Natalie McDermott, Health Promotion Officer, Wagga Wagga Community Centre, Murrumbidgee LHD

Ms Lauren Chuter, Project Officer, Centre for Population Health

Mr John Allan, Nursing Unit Manager, St Vincent's Private, Lismore

Mrs Julia Tremonti, Liverpool Hospital, South Western Sydney LHD

Sally Castell, Movement Matters

[fallsnetwork.neura.edu.au](http://fallsnetwork.neura.edu.au)

**Falls Prevention<sup>®</sup>**  
**is everyone's business**



CLINICAL  
EXCELLENCE  
COMMISSION



**NeuRA**

*Discover. Conquer. Cure.*